New England Deaconess Hospital
Boston, Massachusetts

# pulse

VOLUME 27 — NUMBER 9 JUNE 1974

# Physical Therapy sponsors seminar

"The Diabetic Amputee" was the subject of a two-day seminar at the Copley Plaza Hotel, Boston, April 29-30, organized by Miss Nancy L. Rizzo, chief physical therapist at New England Deaconess Hospital and the Lahey Clinic, with the help of Dr. Jack S. Sizer, surgeon at NEDH. The program was sponsored by the Physical Therapy Department of NEDH and Lahey Clinic. In addition to certified prosthetists and registered physical therapists, other participants in the program were Drs. Thomas M. Flood, H. Howard Goldstein, Charles B. Kahn, and M. Donna Younger of the medical staff of the Deaconess and the Joslin Clinic; Drs. Carl S. Hoar, Jr., John L. Rowbotham, Jack S. Sizer, and Frank C. Wheelock, Jr., the Deaconess surgical staff; and Dr. Rob Roy McGregor, Chief of Podiatry at NEDH.

Miss Rizzo and Dr. William R. Torgerson, orthopedic surgeon at NEDH and chairman of the NEDH Physical Therapy Department and Department of Orthopedics at the Lahey Clinic, welcomed the 90 physical therapists and physicians coming from New England, New Jersey, and Washington, D. C., who attended the seminar.

The program began with an introduction to diabetes and an explanation of how diabetes occurs. The complications of diabetes were discussed, such as neuropathy, of which there are various kinds resulting from long term diabetes and which cause poor sensation in the toes and feet, and ischemia, lack of blood supply, as well as the types of insulin. The importance of exercise in controlling diabetes was stressed for improving blood glucose and insulin efficiency and increasing the calorie expenditure for weight loss.

There is no typical diabetic patient — each condition depends on the patient's particular problem and the age at which he developed diabetes. It was pointed out that five to ten percent of the world's population has or will have diabetes. No matter how closely insulin is rationed, pancreatic function will never be precisely imitated. Problems will eventually occur, especially in the patient aged 40 or over. Not all diabetics have the same problems or complications; but, the diabetic does not handle infections well in the lower extremities

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# Deaconess surgeon runs the marathon

The Boston Marathon is known as one of the most difficult courses and is reserved as sort of the final test of the jogger's world.

Believing in starting at the top, Deaconess surgeon Jack Sizer's first attempt resulted in completion of this 26 mile, 385 yard course in three hours and 40 minutes. He described the experience as "completely unique. The only people who could really appreciate it are those who ran 26 miles."

A long time enthusiast of aerobic exercise, Dr. Sizer went into serious training less than eight weeks before the event, shedding several pounds consistently running sub-eight minute miles in runs up to 20 miles.

Patriot's Day represented his first run of 26 miles as well as his first marathon. While training at the Huntington YMCA, he obtained support from Deaconess podiatrists who provided contour support in his shoes. Special attention was given to maximizing his stored energy by the use of a special diet.

*Dr. Jack Sizer, Deaconess surgeon, jogs down marathon road.*

Already looking to next year's race, in spite of the fact that he left 11 pounds of salt, water, protein, and fat along the course, Dr. Sizer plans to go for increased speed and endurance. Physical performance tests revealed his performance was accomplished at submaximal cardiac effort.

Today, as the **PULSE** goes to press, there is an article in the Boston *Herald American* that a number of hospitals are going to announce general wage increases for their employees now that Phase 4 wage and price controls have been lifted. Because the Deaconess has a formal wage and salary program, we were able to give a salary increase to our employees on January 20, some months ahead of most hospitals.

# Mary Foley elected President of N.S.N.A.

Miss Mary Foley, R.N., staff nurse in the Observation Unit, has been elected President of the National Student Nurses Association (N.S.N.A.) for 1974 at the 22nd Annual Convention of N.S.N.A in Salt Lake City.

The organization is active in representing the interests of student nurses on legislation on the local, state, and federal levels; in education through deans and directors of institutions; and on social and moral issues. Just a few of the current issues are the Sudden Infant Death Syndrome, March of Dimes, the equal rights amendment, National Health Insurance, and obtaining more monies for nursing education and research.

The organization has a membership of approximately 40,000 student nurses from all parts of the United States. Nurses who are working full- or part-time, but who have not yet received their bachelor of science degrees, comprise a substantial part of the membership.

Miss Foley graduated from the New England Deaconess Hospital School of Nursing in 1973 and has been taking credits for her bachelor of science degree at the University of Massachusetts in Boston and Boston State College. She will be enrolled full-time in the fall at the Boston University School of Nursing.

An active member of N.S.N.A. while a student, Miss Foley was Legislative Chairman of the Massachusetts Senate of Student Nurses in 1972 and National Director of Legislation in 1973. While President she plans to do her best to increase membership, improve appropriations for nursing education and research, and represent the students in many vital areas. She wants to work on legislation for nursing and health care when she finishes obtaining her degree.

Her concern is not only with students but with the profession in general. "You have to start with the students because that's where the future lies. We have to make them aware of the issues early in their education so they can then begin to become concerned and work constructively

*Miss Mary Foley*

throughout the student organization to initiate changes and speak in a unified voice. If the interest starts early, the transition into the professional organization is natural and will give the profession a future with aware and concerned nurses."

# Conserve– give blood

Along with fuel and food shortages, there will be another shortage this summer — blood. This type of shortage doesn't ask you to save. It asks you to give. The NEDH Community Blood Donor Program needs your blood.

Your body has 10 to 12 pints of blood. It takes 2 to 10 minutes to give one pint, which your body will not miss. Medical authorities say that donating a unit of blood quickly stimulates a healthy person's bone marrow and his blood count is as normal after the donation as before.

Anyone in good health — employee, family, friend — between the ages of 18 and 66 can donate. Not only will you help someone who is badly in need of blood, but you may be helping yourself someday. Two

(*Continued on page 2*)

# Take me out to the ball game

*Captain Ken Kelley waits for the ball to come home before the MGH runner.*

Take me out with the crowd. The NEDH Softball Team is back on the diamond again for its 14th season. It looks like batting practice will pay off this year. Although the Deaconess lost the season opener on April 30 to Massachusetts General Hospital by the close score of 13-11, the swinging sandlotters won their next three games easily, toppling Massachusetts Eye and Ear 14-0, Peter Bent Brigham 14-5, and New England Baptist 22-3.

The Hospital Softball League began in the 1950's when the Deaconess played Newton-Wellesley. A mixture of people from administration, housekeeping, and laundry played half a dozen games that summer. The league expanded in later years to include Peter Bent Brigham Hospital, then St. Margaret's Hospital. Now the hospital softball league includes almost all of Boston's hospitals.

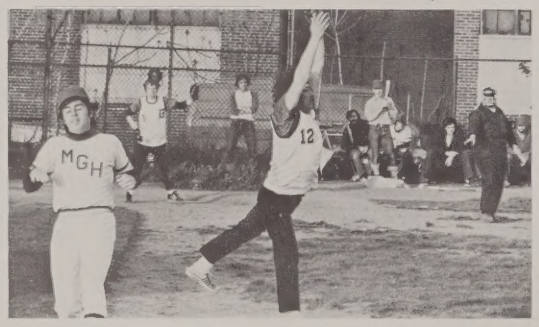
The founder, captain, and starting pitcher was Charles Schraub, manager of pharmacy services. "We had a good pitching record under Charlie's regime. He had a 'change of pace' pitch which went from slow to slower," jokes Bill Barry, executive director of the Joslin Diabetes Foundation, Inc., one of the original team members, and the "Hank Aaron of the Deaconess" team.

The first team had Bob Hart, manager of the print room; Hubert Sycamore, assistant director of the hospital; Jerry Frederickson, administrator of the Joslin Clinic; Roger Heaney, respiratory therapy; and James Halligan, laundry, and "a dominant force as a catcher." Another teammate was Kathy Nicholson, R.N., "a fine ball player." The earlier teams may not have won many league titles, but they had a lot of fun.

The game of softball is one of the most popular participant sports in the United States. It developed from a game called "indoor baseball," which was first played in Chicago in 1887. Softball soon spread to playgrounds and parks throughout the country. It closely resembles baseball, with slight differences in rules. In softball there are only seven innings, the diamond is smaller, the ball is larger and heavier, the bat is shorter and lighter, and there are ten men rather than nine. The extra man is a short fielder who plays in the outfield. When pitching, the ball is delivered by an underhand motion.

"Underhanded" or not, "the potential for this year's team is good," says Deaconess team member Paul Case, purchasing agent for the Joslin Clinic.

All the teammates would appreciate crowd support and want the stands filled to capacity. Games are played Tuesdays and Thursdays at 6 P.M. in neighborhood fields. Call Paul Case at ext. 81-279 for directions to the old ball game.



*"Safe," says the umpire. Quick but not quick enough is first baseman Paul Case, number 12 on the diamond, as a player from MGH runs by.*

*Edmund B. Beyer, administrative assistant in nursing, slugs it out.*

## Give blood . . .

(Continued from page 1)

donations a year provide full blood coverage for you and your family anywhere in the United States for that year. A non-donor recruiter, a person who recruits five people to donate, also becomes eligible for coverage.

Those who give a total of eight pints of blood become members of the Gallon Club and receive their choice of beautifully framed, limited edition prints which are on display in the donor room. If it is impossible for you to give blood, you could donate photographs, art, or crafts which can be given to Gallon Club members.

Anyone interested in donating blood should visit the blood bank, located on Deaconess 3, anytime during the day. Evening appointments can be made by dialing extension 2587.

There may not be much you can do to help the fuel and food shortage, but there's something you can do to remedy the blood shortage. And you don't have to save a thing. You just have to give.

## Friends sponsor Deaconess Night at the "Pops"

Mr. Arthur Fiedler once again enthralled the Deaconess audience at its Night at the Pops this year with a program that varied from Mendelssohn's "War March of the Priests" to Marvin Hamlisch's "The Way We Were." The delightful and entertaining evening, held May 8 at Symphony Hall, was sponsored by the Friends of the Deaconess for the benefit of the School of Nursing Scholarship Fund. All 55 seniors from the School were among those who attended.

Guest entertainer was pianist Roger Williams, who had the audience nostalgically reminiscing when he played a medley of academy award winning songs, such as "Gigi" and "Autumn Leaves," and the piano accompaniments to the silent movies.

It was an evening of good music and good company that ended all too soon.

# NEDH mourns passing of Miss Pendleton and Mr. Houghton

The hospital mourns the deaths of two of its department heads, Miss Ruth E. Pendleton and Mr. Evans F. Houghton.

**Miss Pendleton,** director of surgical services, passed away April 22. She started her employment at the Deaconess in 1946 as an operating room staff nurse. Miss Pendleton soon became an instructor of student nurses during their operating room rotation. In 1951 she was supervisor of the operating rooms. When surgical services expanded in 1953, Miss Pendleton became director of the department.

Before coming to the Deaconess, Miss Pendleton worked at her nursing alma mater, Waltham Hospital, for six years.

Miss Pendleton was a member of the National Association of Operating Room Nurses, American Hospital Association, New England Hospital Assembly, Massachusetts Hosptial Association, American Nurses Association, and the National League for Nurses.

**Mr. Evans F. Houghton,** director of public relations, died May 16. For the past ten years he was the public relations director for the hospital. In addition, he was president of Contacts International, an international business information firm.

Starting his career in 1939, Mr. Houghton was on the staff of the San Francisco Examiner. Ten years later he moved to New York to become public relations associate for the Birds Eye Division of General Foods until coming to Boston.

Mr. Houghton was a member of the Boston One Hundred Club, Bay Club, Navy League, National Press Club, Overseas Press Club, and the New England Hospital Public Relations Association.

Miss Pendleton and Mr. Houghton loyally served the Deaconess. The loss of them as leaders and individuals saddens the Deaconess community.

*Central Sterile Supply is one of the scenes visited in the slide show "A Trip through the Deaconess." Pictured are: (l. - r.) Mr. Lawrence Mullaney, Mrs. Leila Wood, Ms. Juneann Richardson, and Mr. Fabio F. Alvarino.*

# Take a tour through NEDH

Visitors, employees, and staff may now have a tour of the Deaconess just by standing in the Farr lobby and looking at a large mahogany cabinet. Inside the cabinet is a slide show, "A Trip through the Deaconess" which shows all the different areas of the hospital.

Other slide shows which can be seen are "A Look at the Laboratories" or "A Hospital Grows," which tells the story of the growth of the Deaconess from a brownstone on Massachusetts Avenue to the 476-bed hospital it is today. In the making are "The Deaconess at Night" and "The School of Nursing."

These presentations were prepared by the Public Relations Department. The cabinet was designed and built by the Maintenance and Engineering Department. The shows began May 12 and will continue for months. The subjects will rotate, giving viewers a different show almost every day.

Mrs. Theresa O'Day, Worcester, was visiting her daughter, a patient at the Deaconess, and was the first person to view the slide show. "I thoroughly enjoyed it. It gives you insights of what goes on in the hospital."

# Physical Therapy . . .

*(Continued from page 1)*

and may have visual problems and kidney disease. The diabetic amputee may also have the psychological problems that come with living with a chronic disease. Rehabilitation takes all these factors into account in the attempt to have the patient walking again.

The diabetic amputee has special problems of ischemia and neuropathy and the extent of these problems, along with the condition of the heart, kidneys, and eyes, will determine whether he will walk after an amputation. Motivation is also a factor.

A team of physicians, foot nurses, physical therapist, social worker, and prosthetist (individual who measures, makes, and fits an artificial limb) work together to rehabilitate an amputee.

Miss Nancy L. Rizzo, chief physical therapist at NEDH, and local prosthetists discussed prosthetist management. Rehabilitation for the amputee begins in the hospital, where he is fitted with a temporary limb. It takes six months before the patient is ready to wear a permanent limb.

Miss Rizzo also discussed physical therapy management at NEDH where the physical therapist begins the amputee on bed exercises to strengthen his leg. The prosthetist sees him postoperatively to measure him for a limb and as soon as the limb arrives, the physical therapist and patient begin gradual ambulation and wearing of the prosthesis. A patient is ready to be sent home when he can use the prosthesis with minimal supervision. The patient can be followed at home by the Visiting Nurses Association or private physical therapist.

Three NEDH patients came to the seminar to illustrate the program at the Deaconess, and prosthetist Robert F. Hayes of the Starkey Artificial Limb, Co. in Springfield used slides to show the latest developments in artificial limbs.

Dr. Lester S. Lewis, Chairman of the Department of Rehabilitation of the New England Rehabilitation Hospital stressed the concept of team work in which a team of specialists work with the patient to ambulate him.

Dr. McGregor brought the conference to a close by discussing the importance of foot care to diabetics. He has designed a special healing sandal for ulcers which gives lesions a chance to heal without surgery. He emphasized strongly that diabetics must be made aware of the proper management of any foot lesion because immediate and proper care can save many problems and offer the diabetic a better chance for a happy and normal life.

# Annual report receives honor

The New England Deaconess Hospital has won first place for its 1972 annual report in the 1974 Northeastern Region Technical Writing and Editing Competition. The competition was sponsored by the Boston Chapter of the Society for Technical Communication. The annual report is now eligible to enter the organization's national competition.

The Society for Technical Communication is a professional organization dedicated to the advancement of the theory and practice of technical communication in all media. With chapters all over the world, the society aims for the education, improvement, and advancement of its members.

Director of Public Relations Evans F. Houghton received the award at the eleventh annual combination writing/editing and technical art awards presentation and exhibit held May 7 at the Boston Museum of Science.

The annual report, as well as the other winning entries, will be on display at the Coolidge and Friend Gallery at the Museum of Science until July 26.

# Doctors doings

**Dr. Lloyd M. Aiello,** ophthalmology, gave a lecture to the faculty of the New York Laser Photocoagulation Course in New York City on November 5-6. He was a faculty member on the laser photocoagulation courses at the Palo Alto Medical Clinic in Palo Alto, California on January 15-18. He lectured on "Diabetic Retinopathy and Pregnancy" at the New England Ophthalmological Society on February 13 in Boston.

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**Dr. William P. Beetham, Jr.,** ophthalmology, lectured on "Systemic Vasculitis" at the Beth Israel Hospital on April 16.

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**Dr. George F. Cahill, Jr.,** internal medicine, appeared on the television show "Dinah's Place" on March 25 to talk on diabetes.

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**Dr. Rodger C. Haggitt** and **Dr. William A. Meissner,** pathology, published the article "GI Tract a Two-Way Street for Crohn's" in the October 29, 1973 issue of *Modern Medicine*. Dr. Haggitt, Dr. Meissner, **Dr. F. Warren Nugent,** gastroenterology, and **Dr. Malcolm C. Veidenheimer,** general surgery, published the article "Extent of Resection Key to Cure of Crohn's" in the December 24, 1973 issue of *Modern Medicine*.

* * *

**Dr. John M. O'Loughlin,** internal medicine, attended a meeting of the American Academy of Allergy in Miami on January 18-24.

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**Dr. John W. Norcross,** hematology and internal medicine, visited and lectured at hospitals and clinics in Iran on January 6-23.

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**Dr. David Steinberg,** hematology and internal medicine, attended a meeting of the American College of Physicians in Miami on January 19-25.

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**Dr. Elton Watkins, Jr.,** thoracic surgery, lectured on "Neuraminidase-Mediated Activation of Host Lymphoblastosis by Human Solid Tumors" at the National Cancer Institute Joint Meeting on Tumor Immunology and Tumor Immunotherapy at Jekyll Island, Georgia, on January 28-February 4. He also spoke on that subject at a symposium on Neuraminidase in West Germany on March 10-13. He attended a meeting of the American Association for Cancer Research and American Society of Clinical Oncology in Houston on March 26 - April 1, speaking on "Non-specific Blocking of Human Host Lymoblastosis by Serum Sialogycoproteins."

* * *

**Dr. Fred F. Whitcomb, Jr.,** gastroenterology and internal medicine, attended the American Medical Association's 70th Annual Congress on Medical Education in Chicago on January 31-February 4.

# New England Chapter of I.V. Nurses formed

At a meeting of the National Association of Intravenous Therapy Nurses held at the New England Hospital Association in Boston on March 25, the New England Chapter of Intravenous Nurses was formed. The first meeting was organized by Miss Mary G. MacRitchie, R.N., I. V. therapy.

Elections were held at the second meeting held May 6 at the Joslin Auditorium. Thirty-five I. V. therapy nurses from many parts of New England attended. Dr. Ellison C. Pierce, Jr., anesthesia, was the guest speaker and gave a talk on "Perioperative Management of the Coronary Artery Bypass Patient."

Elected President was Miss Mary Larkin, R.N., from Massachusetts General Hospital. Miss Kathy Wilson, R.N., head nurse of NEDH I. V. therapy, was elected President-Elect.

The organization hopes to set up guidelines to insure high standards and uniformity regarding intravenous care of the patient; promote a strong inservice education program for I. V. nurses; and encourage nurses to join the association.

# Service Award Dinner enlivened by "Proposition"

*The Proposition performs.*

*Boarding the bus to go home are: (l. - r.) Miss Mary Fox, Miss Felitca Patena, Mrs. Janet Hallowell, and Mrs. Beverly Green, I. V. therapy.*

It was wine, men and women, and song at the Nineteenth Annual Service Award Dinner held the evening of April 24 at the Colonnade Hotel. President C. Vincent Vappi, Executive Vice President R. D. Lowry, and Director Richard E. Lee, welcomed 276 service award recipients and pensioners, the largest crowd ever to attend the dinner. Awards of Meri were presented by the General Board of Health and Welfare Ministries of the United Methodist Church to employees who have worked for the Deaconess 20 years or more. Their pictures appear on this page. The highlight of the evening was entertainment by the Proposition, an improvisational review with music, games, and stories. Soliciting help from the Deaconess diners, the Proposition made theatre from audience suggestions of skydiving, buggy whip, sauna, and toothpaste. Sound crazy? Well, you just "had to be there." It was really a lot of fun.

*Enjoying dinner and the Proposition are: (l. - r., starting with the woman in the foreground facing right) Allys Spilios, Fontaine Velis, Virginia Hunt, Joanne Kruger, Ortwin Kruger, Frannie Griggs, Donna Kos, Mary Ferris, Phyllis Irvine, and Lani Lukow, chemistry.*

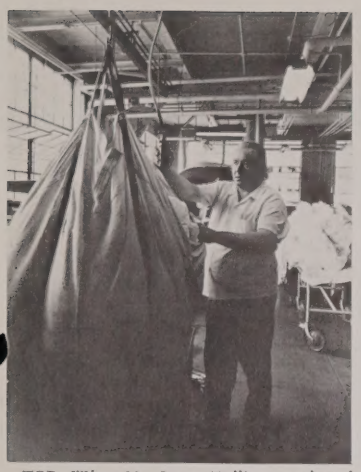
RIGHT. *A dietary supervisor for ten years, Mrs. Mary M. Sullivan is responsible for the quality control of trays as they are assembled and then served on the floors. She started 25 years ago as a dietary aide on the kitchen of Deaconess 3. When she's not in the kitchens, she travels and has been just about everywhere — Italy, Nassau, Las Vegas, to name a few places.*

TOP. *Dr. W. Eugene Knox, recent Acting Director of the Cancer Research Institute, has been a Deaconess employee for 20 years. He runs the biochemistry and developmental growth sections of CRI and is also professor of biological chemistry at the Harvard Medical School.*

RIGHT. *Mrs. Juanita Gonzales and her husband Ramon left Puerto Rico 20 years ago to come to Boston. She came to the Deaconess laundry and Ramon joined her there a few years later. "When I'm not working I like to travel and, of course, there's housework, movies, dancing — anything," says attractive and active Mrs. Gonzales.*

LEFT. *Miss Marjorie LeBeau "temporarily" joined the Deaconess 25 years ago as a secretary to the chief dietitian. She "just got involved in the hospital field" and stayed to become manager of administrative services. She supervises telephone service, mail and messenger service, housing, and parking. A vagabond at heart, vacations find her travelling to all parts of the world.*

BELOW. *As supervisor of patient services, Mrs. Erminie Smith, a Deaconess employee for 20 years, does a little bit of everything in the department. She offers assistance to her staff, does billing, and admits patients. Friendly and outgoing, she enjoys gardening and photography.*



TOP. *When Mr. James Halligan graduated high school 25 years ago, he came straight to the Deaconess. He's been a washerman in the laundry ever since. "Juanita, Rose(Sores), Connie(Tiaz), and Ramon (Gonzales), we've all been working here for over 20 years. It's nice," says Mr. Halligan. Sociable and sports-minded, Mr. Halligan has been on the Deaconess bowling team for 18 years, and also enjoys baseball.*

RIGHT. *"My major job is driving executive personnel and doing bank errands," says Mr. Raymond Dix. He's been doing the job very satisfactorily for 20 years and is well known and liked throughout the hospital. Since he drives most of the day, "Ray" likes to take it easy at home by taping and listening to music and working in his vegetable and flower gardens.*

LEFT. *Mrs. Arlene Spaulding has been a laboratory recorder for 20 years. She records results from the laboratory tests on to requisitions and patients' charts. Originally from Maine, Mrs. Spaulding became supervisor of a school hot lunch program which she initiated in her community before coming to the hospital.*

LEFT. *Mrs. Helen Murphy comes to the Deaconess each morning before some of us are awake. A cafeteria hostess for 25 years, Mrs. Murphy arrives at 6 A.M. to prepare toast and English muffins and serve breakfast. Noon finds her on the satellite line serving hot and cold food and salads. After hours she and her husband are at the Cape with their family and grandchildren.*

LEFT. *Dr. Olive Gates has been a vital part of the Deaconess for 40 years. As a pathologist most of her work centers on tumor diagnosis. She has received an award from the Massachusetts division of the American Cancer Society for her work.*

TOP. *The Associate Director of the School of Nursing, Miss Joan Randle, was in charge of clinical instruction when she started with the hospital 25 years ago. Now she is responsible for the curriculum, personnel, and the general administration of the school. A music lover, Miss Randle enjoys the opera and classical music.*

TOP. *As health coordinator some of Mrs. Margaret McLean's responsibilities include administering the student and employee health programs and interpreting these programs to hospital personnel. She brings 20 years of service to the Deaconess. Not all of her time is spent at the health clinic. On Sundays she plays the organ for services at the Deaconess chapel. She enjoys travel, photography, and collecting dolls and miniatures.*

RIGHT. *When Mrs. Janie G. Chapman was employed by the Deaconess 25 years ago, she worked as a head nurse the first year, then went into teaching. She is now Assistant Director of the NEDH School of Nursing, from which she, herself, graduated. Outside of Harris Hall, she likes to paint, do carpentry, and refinish furniture.*

RIGHT. *Miss Catherine V. Waters, better known as "Kay," began her Deaconess career 45 years ago as a teenager. As a summer relief worker, she was a receptionist, an elevator operator, and a messenger in the Palmer building. She has settled down since then to become receptionist in the Farr building. With one telephone line ringing and the other on hold, Miss Waters answers questions and gives directions to visitors, staff, and employees. A warm and friendly person, Miss Waters enjoys Boston's museums, history and theater.*

RIGHT. *Mrs. Clare Shruhan is the chemistry supervisor and chief technologist responsible for supervising all personnel in clinical pathology. She started at the Deaconess 20 years ago as a technologist in the chemistry lab, and she became chief technologist in 1960.*

# What to do on a summer vacation

June is busting out all over and everything's coming up roses. The days are longer and warmer. It's vacation time. Summer vacation may mean covering 500 miles a day by car, sitting on the beach from morning till night, or cleaning out gutters, garage, and basement all in one day. Too often, vacation visions are dangerous distortions that can lead to unpleasant consequences or even accidental death. Before you rush off, remember that accidents don't take vacations! Keep your vacation accident-free by following some common sense safety measures.

Packing your bags and heading for the sunny shores of Florida or the rocky coast of Maine? First insure the safety of your house and belongings. List all valuables, including serial numbers, and leave a copy as well as the name of your insurance agent with someone who knows where you are going and how to contact you in an emergency.

Don't advertise your vacation to your neighborhood burglar. Put away any outside furniture. Stop deliveries of milk, newspapers, and mail. Notify police of your departure and return dates. Leave the housekey with someone who will occasionally check your house. Arrange to have your lawn cared for if you will be gone long.

For the trip your car should be in top condition. Check tires (including spare), brakes, springs and shock absorbers, battery, muffler and exhaust system, front and rear lights, mirrors, all windows, and safety belts. Carry emergency equipment — basic tools, jack, spare fuses, flashlight and flares, and first aid kit. Take your driver's license, car registration, and the name and address of your insurance agent.

Now that you're on the road, keep those safety belts fastened. Don't try to cover too many miles in one day. Take it easy and don't speed. What's the rush — you're on vacation! If you get tired, rest or let someone else take the wheel. Nighttime driving is risky, so stop early — you'll feel fresher in the morning.

While driving keep your eyes on the road, not on roadside stands. However, beware of highway hypnosis. Miss your exit? Don't stop or back up — drive on to the next one.

Planning your vacation in advance can save a lot of aggravation. Service stations, oil companies, auto clubs, and state tourist officials can provide maps and information about places of interest. Plan your route and keep it realistic. Don't try to do too much in one day or one vacation. Make overnight arrangements in advance to avoid the frustrations of a "No Vacancy." Whether by the pool or on the sidewalk, avoid carrying large sums of money with you. Use traveler's checks and credit cards.

Once you've reached your destination, you may be in the mood for some sun and surf. Severe sunburn can send you to a doctor and ruin vacation fun. Tan gradually, use suntan lotion to filter out the burning rays, and wear sunglasses to protect your eyes.

Over half the people who drown each year never meant to be in the water. They were boating, or fishing, or just walking by the pool — and fell in. So the first rule of any water activity is learn to swim. Choose a safe place, have adult supervision for youngsters, know your ability, and never dive in strange waters or swim alone.

Get in shape, vacation athletes, before attempting any strenuous activity. Begin slowly before your vacation with small doses of exercise.

Camping and hiking are great ways to explore the great outdoors and get away from c r a m p e d city living. Whether it's Mt. Washington or your backyard, wear sensible clothing and sturdy shoes. Let someone know where you plan to be, your route, and when you'll return. Respect "no trespassing" signs. Stay away from all animals in the woods. Evening is the time for sitting around the old campfire — not the time to wander through the woods. Be extremely careful with fire. Make sure it's out when you leave the campsite.

Maybe you'll spend your vacation days just relaxing or fixing up around the house. If you're making home improvements, get help for the jobs that are too big or too heavy for one person. The cost of a sprained back can be weeks in bed — and that's no vacation. Use protective equipment — safety shoes, glasses, gloves — when needed. Follow the directions on paint and solvent containers and have proper ventilation. Use ladders for all high work, don't overreach, and have firm footing. Be careful with those sharp tools; and use caution with power tools by making sure all electrical e q u i p m e n t is properly grounded. Power mowers are a big help — and a hazard. Always shut it off to empty the grass bag. Never refuel when the motor is hot. And keep children and pets away while mowing.

Barbeques by the pool are fun, but again keep children away from the cooking area. Follow the directions on starter fluids. Keep electrical equipment away from the pool, which should be fenced from children.

What sounds like a lot of "don'ts" *do* add up to a safe summer vacation. And a safe vacation is a happy one.



New England Deaconess Hospital
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**pulse**

The New England Deaconess Hospital is a 482-bed and 16-building complex. Physicians from the Joslin Diabetes Foundation, Inc., the Lahey Clinic, Overholt Thoracic Clinic and the independent medical and surgical staffs serve the needs of their patients at the hospital. The Deaconess is internationally known for diagnosis, treatment and research in brain and chest surgery, cancer, diabetes and general medicine.

PULSE is published monthly by the public relations department of the New England Deaconess Hospital.

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**SOFTBALL SEASON STARTS:**
See article page 2.

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